

Adverse Childhood Experiences (ACE)

Kentucky Behavioral Risk Factor Survey (KyBRFS), 2015

Dr. Connie White, MD, MS, FACOG

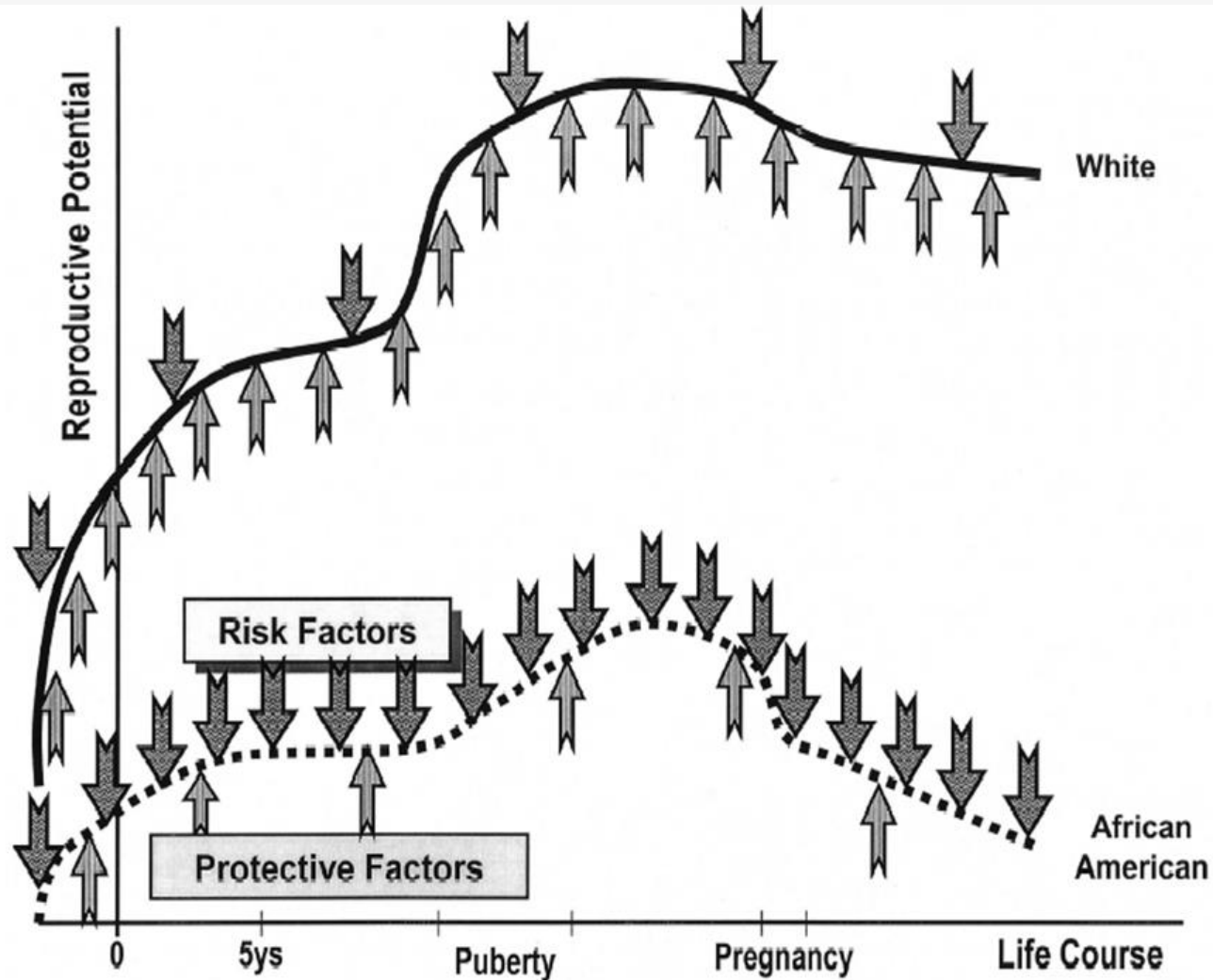
Presentation prepared by - Sarojini Kanotra, PhD MPH



Kentucky Public Health

Prevent. Promote. Protect.

Life Course Perspective



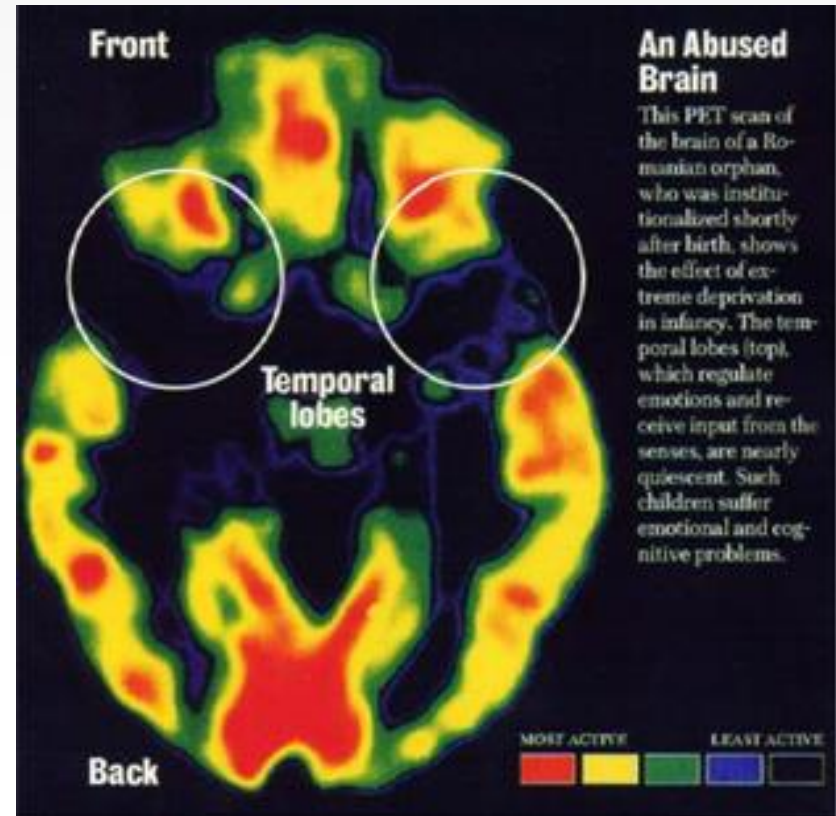
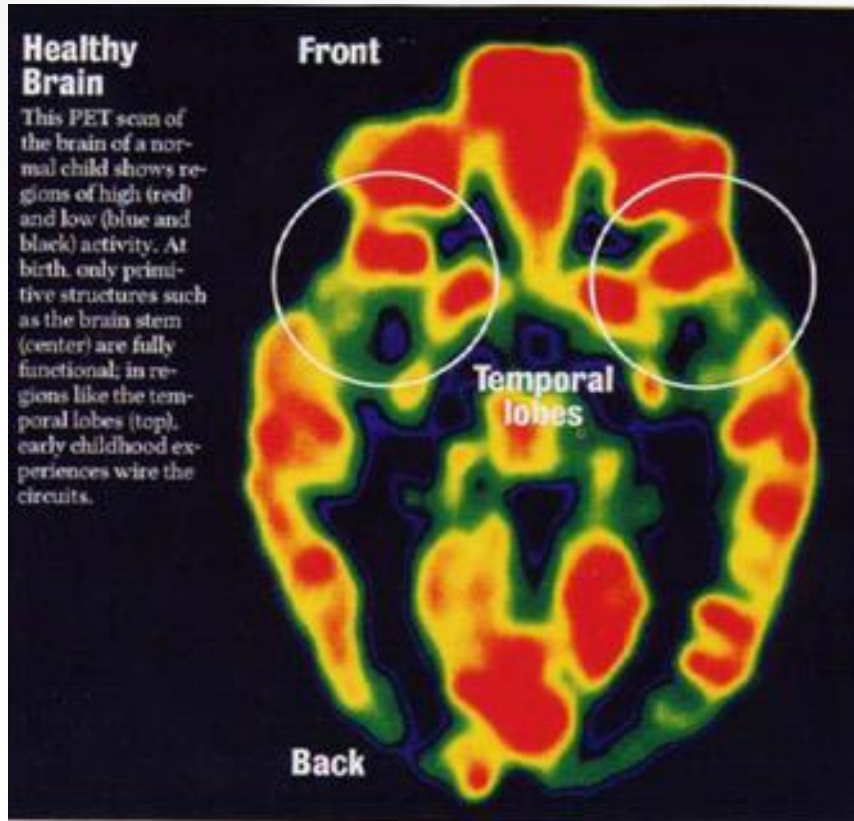
Critical Periods

- Birth – 2 years; critical window for hardwiring the brain for social-emotional development.



- Social-Emotional development is based on **secure attachment** and becomes the foundation for cognitive development and sense of self-identity.
- Attachment comes from a **nurturing relationship** with a caregiver that is consistent and caring.

Critical Periods



The Two Year window – results of extreme deprivation of stimulation



Kentucky Behavioral Risk Factor Survey (KyBRFS)

Eleven questions about adverse childhood experiences (ACE) were added in the 2015 Kentucky Behavioral Risk Factor Survey (KyBRFS).

ACE Module

Comprised of 11 questions that assess the following eight categories of ACE:

- Childhood Abuse
 1. Physical abuse
 2. Sexual Abuse
 3. Emotional Abuse
- Household Dysfunction
 4. Presence of a mentally ill household member
 5. Alcohol or drug abuse in the household
 6. Incarcerated household member
 7. Violence between adults in the household
 8. Parental divorce or separation

Questions

- Did you live with anyone who was depressed, mentally ill, or suicidal?
- Did you live with anyone who was a problem drinker or alcoholic?
- Did you live with anyone who used illegal street drugs or who abused prescription medications?
- Did you live with anyone who served time or was sentenced to serve time in a prison, jail, or other correctional facility?
- Were your parents separated or divorced?

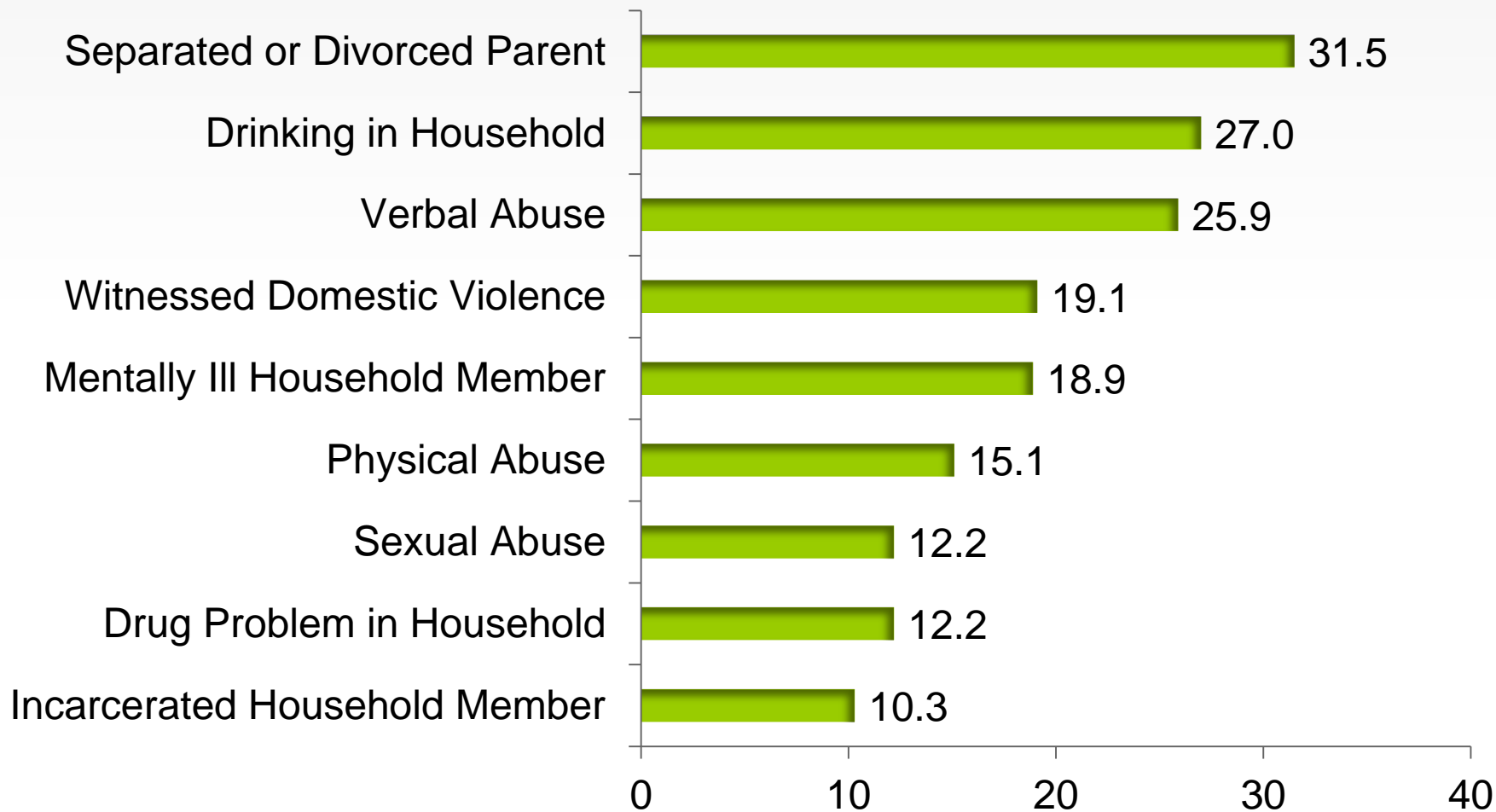
Questions

- How often did your parents or adults in your home ever slap, hit, kick, punch, or beat each other up?
- Before age 18, how often did a parent or adult in your home ever hit, beat, kick, or physically hurt you in any way? Do not include spanking.
- How often did a parent or adult in your home ever swear at you, insult you, or put you down?
- How often did anyone at least 5 years older than you or an adult, ever touch you sexually?
- How often did anyone at least 5 years older than you or an adult try to make you touch them sexually?
- How often did anyone at least 5 years older than you or an adult force you to have sex

Prevalence of ACE Among Some States in the US

STATE	% of Adults with at least 1 ACE	% of adults with 4 or more ACEs
California	61%	16.7%
Iowa	55%	14%
Kentucky	59%	17.5%
Minnesota	55%	13%
Montana	61%	17%
Vermont	57%	13%
Washington	62%	17%
Wisconsin	56%	14%

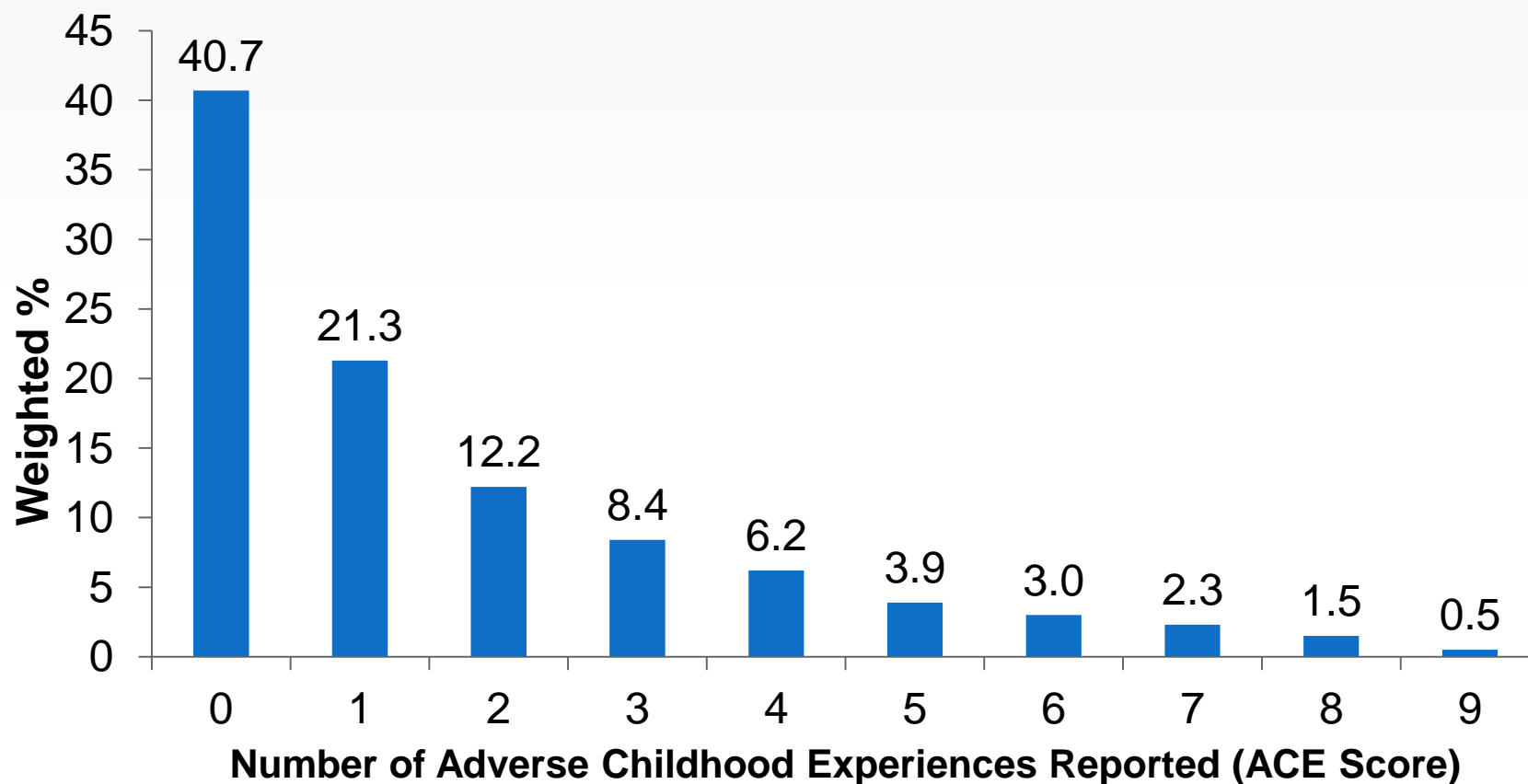
Prevalence of Individual Adverse Childhood Experiences (ACE)s among Kentucky adults ages 18 and older by ACE Category, KyBRFS 2015



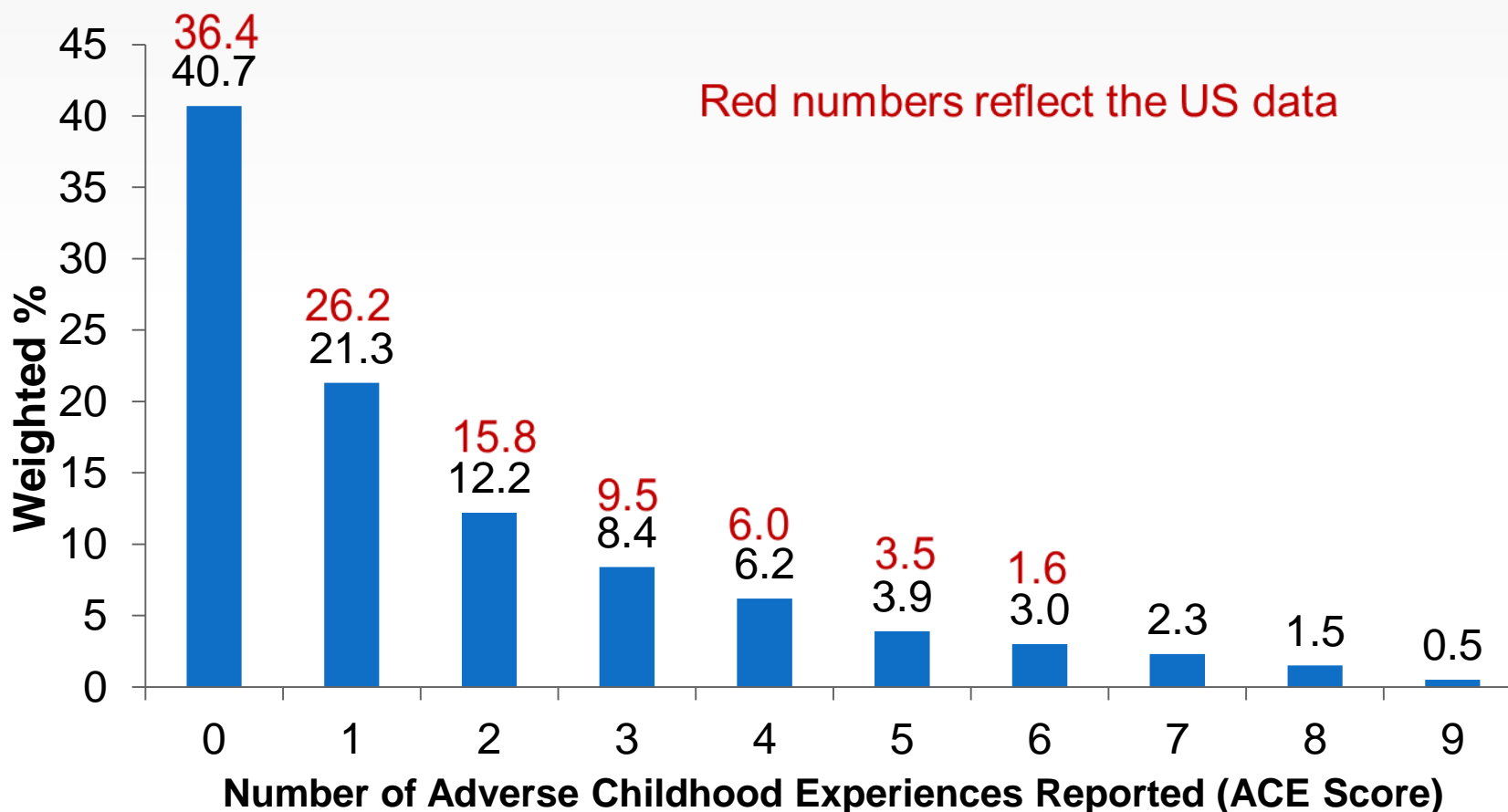
ACE Rate in Nine States

	KY	KS	AK	CA	AR	LO	NM	TN	WA
Year	2015	2014	2013	2013	2009				
Abuse									
Emotional	25.9%	26.0%	31.0%	34.9%	24.3%	21.1%	28.1%	19.2%	34.9%
Physical	15.1%	15.4%	19.1%	19.9%	14.1%	10.5%	19.5%	12.9%	18.1%
Sexual	12.2%	11.3%	14.8%	11.4%	10.9%	9.9%	12.9%	12.7%	13.5%
Household Dysfunction									
Mental Illness	18.9%	16.0%	21.9%	15.0%	17.0%	16.6%	19.4%	17.1%	24.3%
Prison	10.3%	6.7%	11.5%	6.6%	5.5%	7.2%	7.1%	8.6%	6.6%
Substance Abuse	31.2%	25.3%	33.8%	26.1%	25.5%	26.6%	29.9%	28.3%	32.7%
Divorce	31.5%	26.5%	31.7%	26.7%	23.3%	27.1%	24.4%	29.1%	26.0%
Violence	19.1%	15.0%	18.7%	17.5%	15.1%	14.5%	18.9%	17.1%	16.6%

Prevalence of Adverse Childhood Experiences (ACE) among Kentucky adults ages 18 and older by ACE Score, KyBRFS 2015

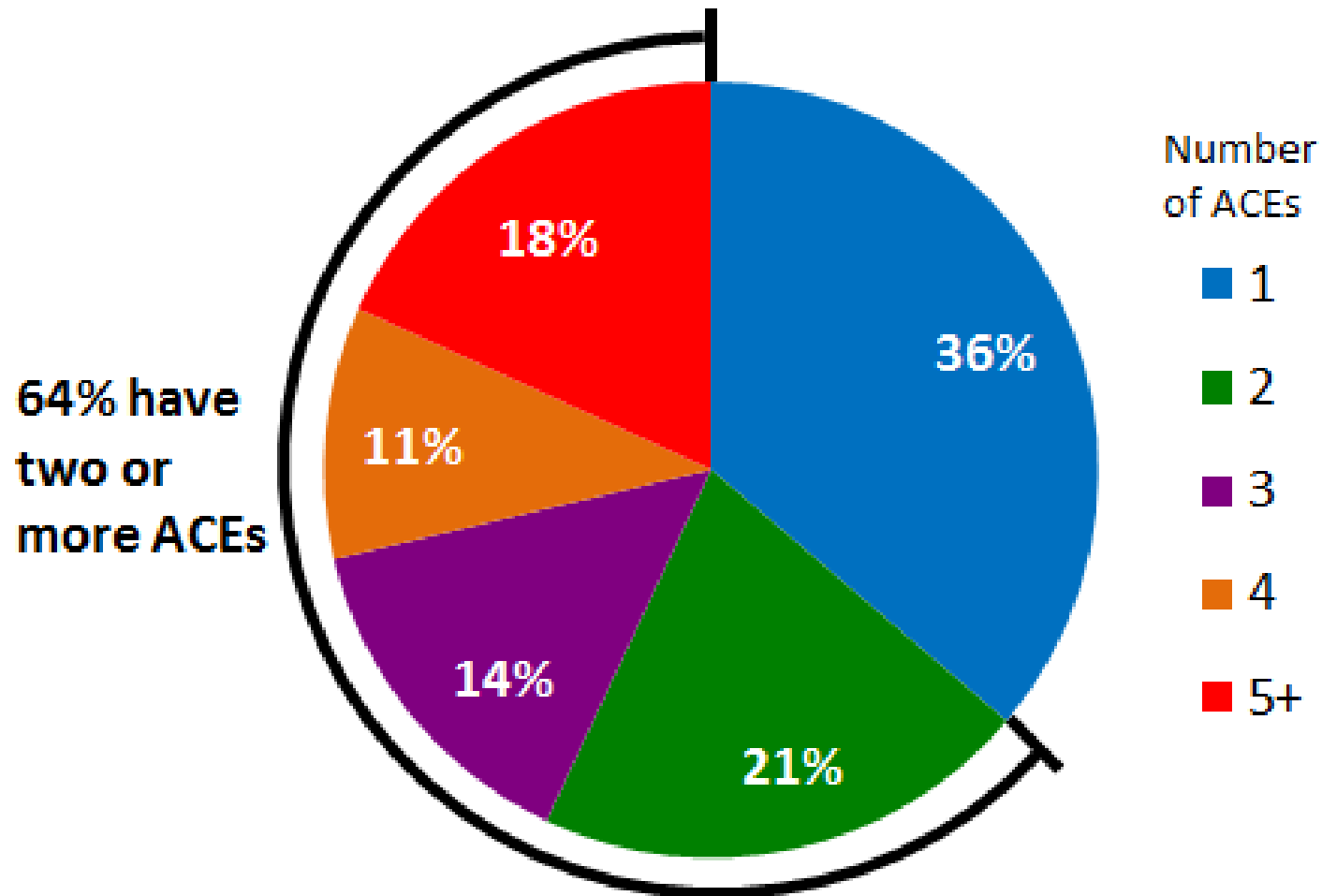


Prevalence of Adverse Childhood Experiences (ACE) among Kentucky adults ages 18 and older by ACE Score, KyBRFS 2015

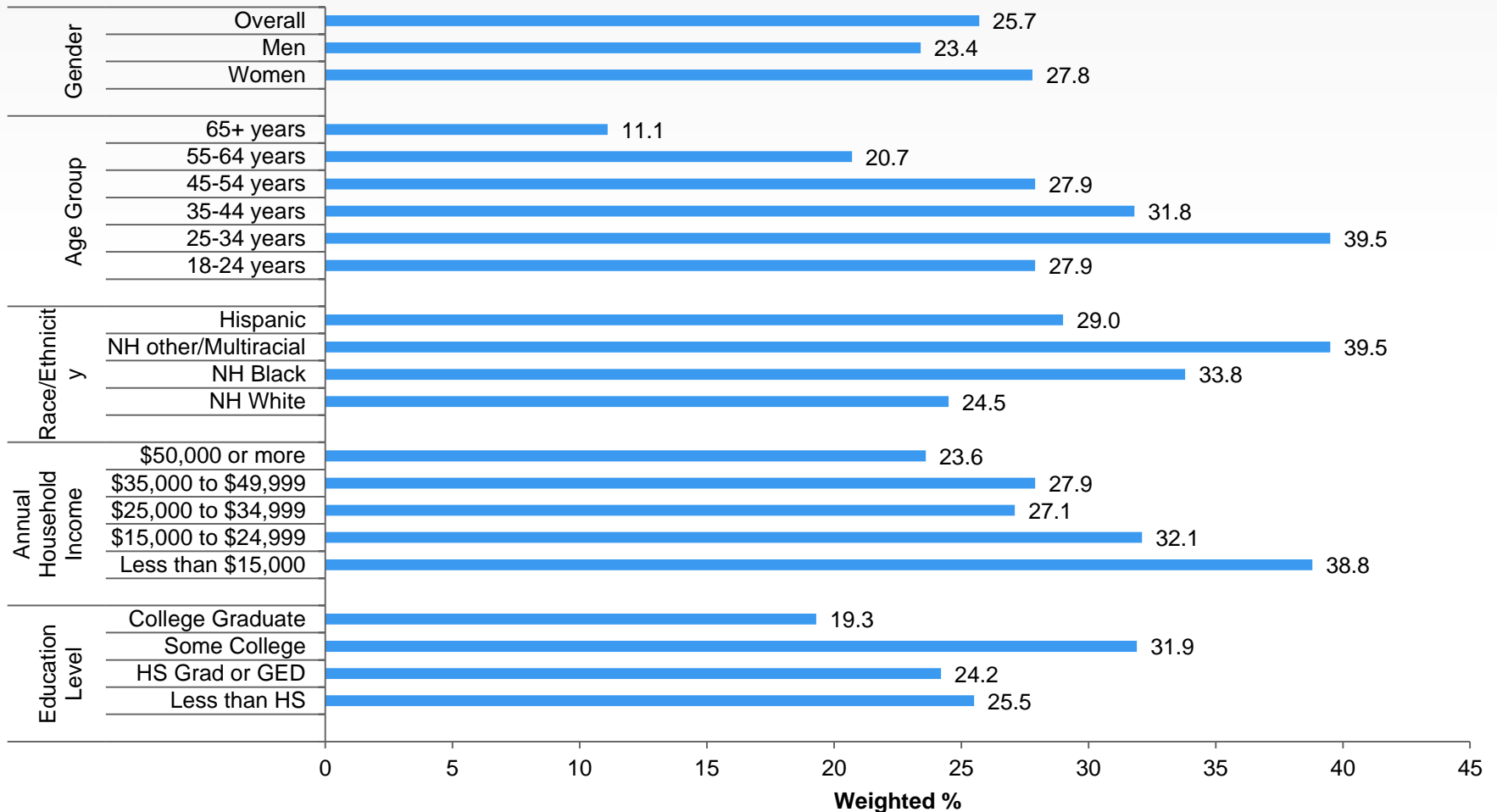


Distribution of ACEs

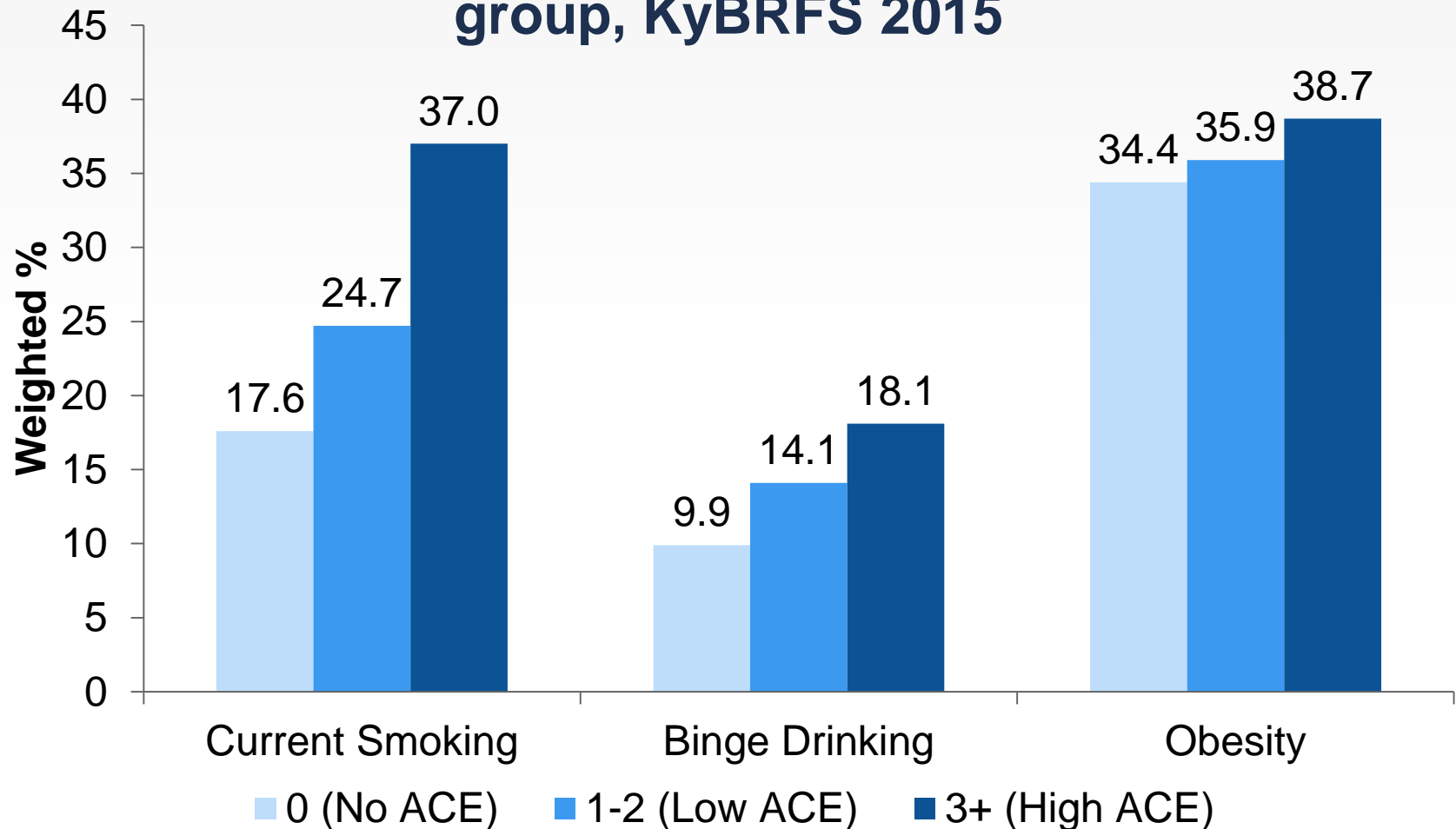
among those with at least one ACE



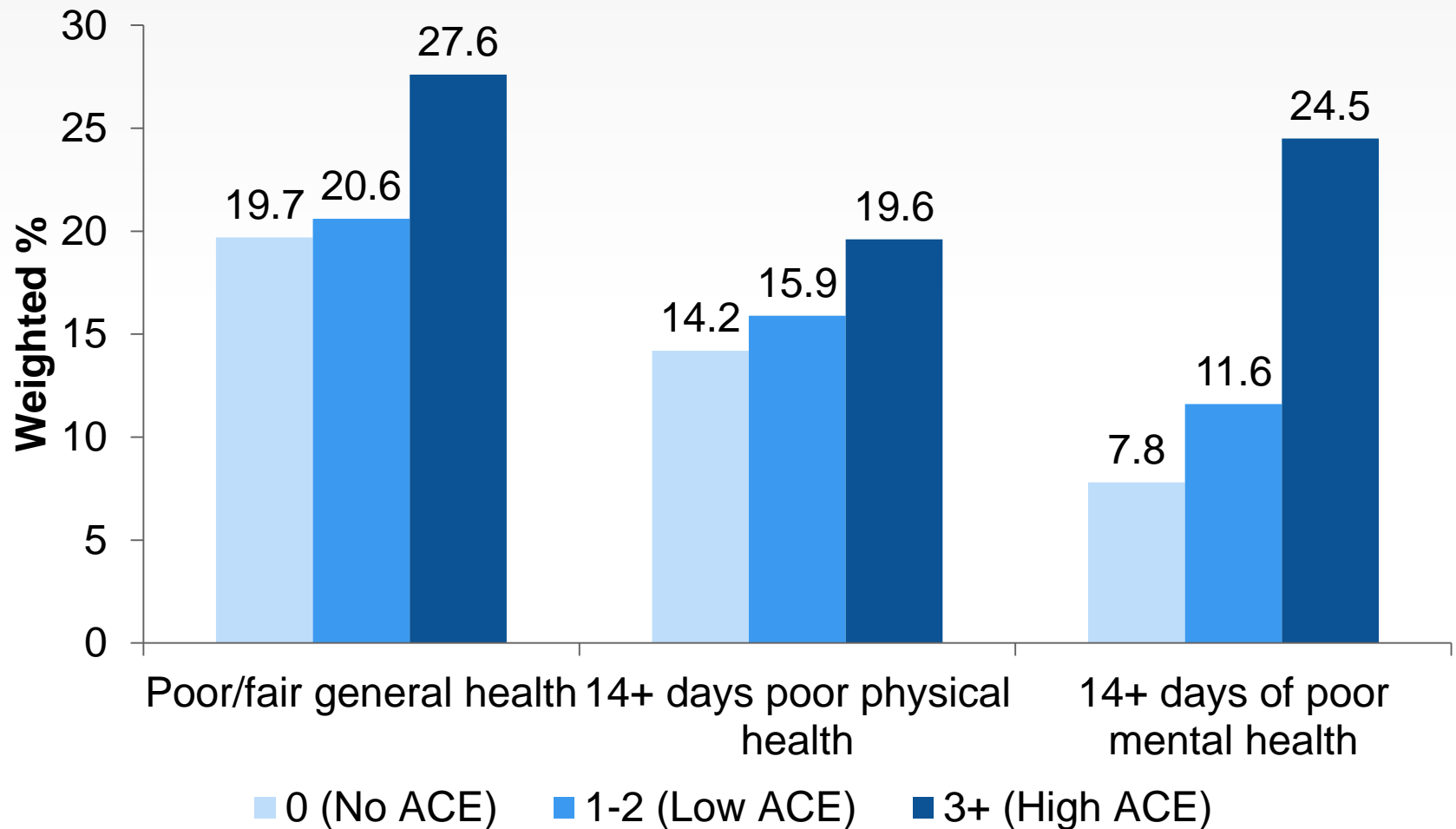
Prevalence of high (3+) ACE among Kentucky adults aged 18 years and older by selected demographic characteristics, KyBRFS 2015



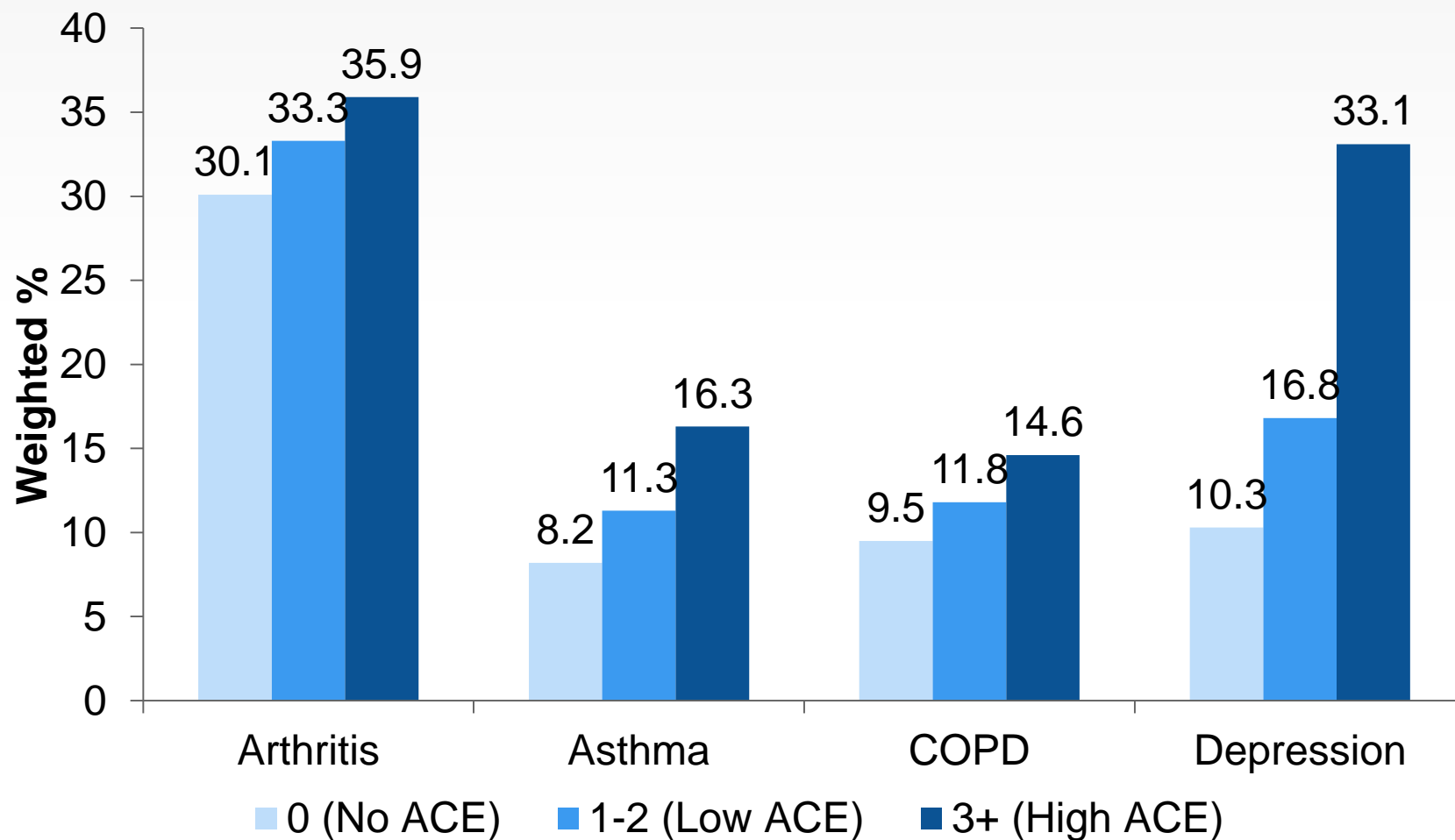
Prevalence of selected health risk factors among Kentucky adults aged 18 years and older by ACE score group, KyBRFS 2015



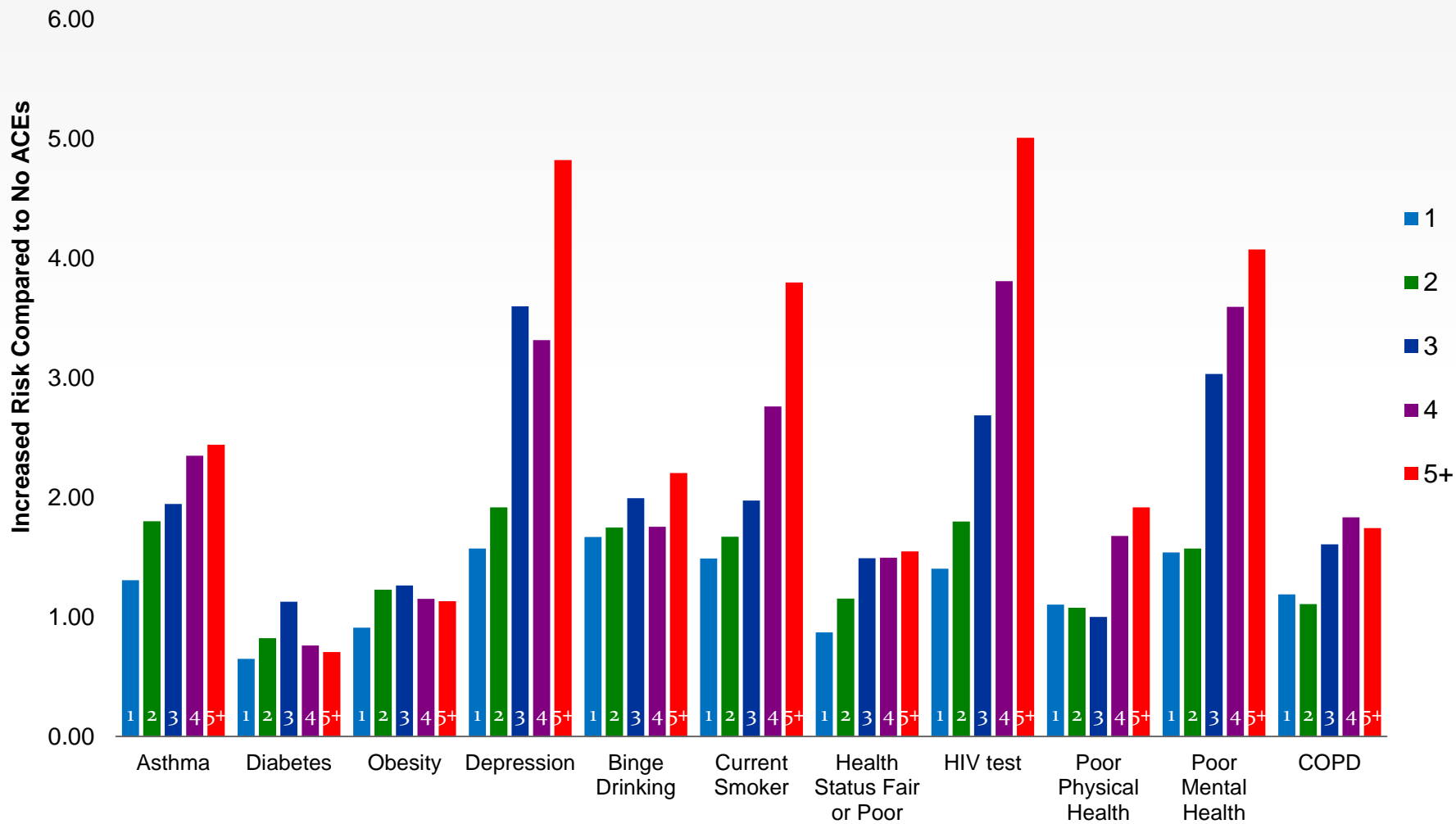
Prevalence of perceived poor health indicators among Kentucky adults aged 18 years and older by ACE score group, KyBRFS 2015



Prevalence of selected chronic conditions among Kentucky adults aged 18 years and older by ACE score group, KyBRFS 2015



Increased Risk of Condition/Behavior When ACE is Present



Seeking to Cope

- The risk factors/behaviors underlying these adult diseases are actually effective coping devices.
- **What is viewed as a problem by the health care provider is actually a solution to bad experiences for the patient.**
- Dismissing these coping devices as “bad habits” or “self destructive behavior” misses their source of origin.

Toxic Stress





Resilience

- Resilience is the ability to overcome serious hardship
- The foundation of resilience is the combination of
 - ***Supportive relationships***
 - *Adaptive skill building*
 - *Positive experiences that re-inforce self-efficacy, perceived control, and belonging*
- Resilience Requires **Relationships**
- *The capabilities that underlie resilience can be strengthened at any age*

Harvard Center for the Developing Child. Key Concepts

Adverse Childhood Experiences
are **not** destiny, and early trauma does not
have to dictate a life story.

Research shows that
protective factors –
chiefly the presence
of a nurturing adult -
can cushion the
impact of adversity
in a child's life.



Dr. Robert Anda



Take Home Messages

- **Exposure to violence/trauma is the single most prevalent risk factor for children today.**
- Adversity is necessary for life and learning; toxic stress disrupts life and learning
- **Relationships are necessary for resilience.**
- The lifelong toll of unaddressed Adverse Childhood Experiences is a [perhaps THE] major cause of death and disability in adults
- **Knowing what we know, we can do better in preventing, mitigating, and treating toxic stress.**

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